Chapter 14 Training For Energy Fitness

PE 308 Theory and Psychology of Coaching

Chapter 14

A. Terminology and Concepts
    1. Energy
    2. Metabolism and metabolic rate
    3. Adenosine triphosphate (ATP)
    4. Energy fitness
    5. Glycogen

Chapter 14

B. Physiology of energy systems

1. Phosphagen system (ATP is the fuel)
2. Muscle fiber types and energy systems
3. Energy demands of your sport
4. Measuring energy fitness

Chapter 14

C. Designing an energy fitness training program
    1. Training pyramid
    2. Exercise intensity
    3. Seasonal training plan
    4. Types of exercise
D. Overtraining